

Amendments to the Specification:

Please replace the first full paragraph under DETAILED DESCRIPTION OF THE INVENTION on page 5 lines 14 through 24 with the following paragraph:

An exercise apparatus **10** in accordance with one embodiment of the present invention is shown in Figure 1. Exercise apparatus **10** comprises a generally rectangular frame **12** having a head end **14** and a foot end **16** and a pair of parallel track ~~or-rail~~ members **18**. The frame **12** may be a generally rectangular wood frame with the track ~~or-rail~~ members **18** fastened to the insides of opposite side walls **20** of the frame **12**, or the ~~rail~~ track members **18** themselves may constitute the parallel side walls of the frame **12**, as in a reformer having a metal tubular frame. The apparatus **10** further comprises a movable carriage **22** slidably or rollably disposed on the track members **18** for movement back and forth on the track members **18** between the head and foot ends **14** and **16** respectively.

Please replace the third paragraph on page 8, lines 15-24 with the following paragraph:

The reformer **10** incorporating embodiments of the present invention is shown in more detail in Figure 2. The springs **30** are attached to an anchor bar and carriage stop assembly **60** incorporated with the tracks **18** at the foot end **16**. The anchor bar and carriage stop assembly **60** adjustably anchors the springs **30** to an anchor bar **62** at the foot end **16** of the frame **12** and maintains a predetermined minimum distance between the carriage **22** and the anchor bar **62** via at least one carriage stop ~~member~~ arm **64** attached to the anchor bar **62**. The anchor bar **62** is an elongated straight bar or tube that may have a circular cross section. Alternatively, bar **62** may have a C shaped cross section or other elongated closed or open shape.